

# I AM PLAYING:

## LEARN TO TRAIN (8 TO 11 YEARS OF AGE)

STAGE



### PHYSICAL

1. I can play or be active for longer durations.
2. I am becoming stronger by using my own body weight, especially my upper body and legs, to improve my power, speed and change of direction.
3. I have started developing my core strength using my body weight -- if my technique is excellent and I am supervised by an adult, I will sometimes use a medicine or stability ball.
4. My body awareness is growing and I know how to gain more flexibility by using different exercises through a wide range of motion.
5. I am starting to push myself and work as hard as possible for short periods.

### PSYCHOLOGICAL

1. I support my teammates and like being supported by them as well.
2. I can describe how my athletic skills have improved and how my persistence helps me get better.
3. I have started to describe a setback or a struggle as a learning opportunity to improve.
4. I am starting to set my own short-term personal goals with guidance.
5. I am using "Think Aloud" to help me describe how I feel to others when I am nervous or not sure how to change a skill.
6. "Think Aloud" helps me describe what I am seeing, doing and what I can change.
7. I am learning what distracts me and how to regain focus and beginning to develop visualization habits.

### TECHNICAL/TACTICAL/STRATEGIC

1. I can frequently demonstrate good dynamic skating techniques.
2. I can always demonstrate the power position.
3. I am demonstrating a variety of shooting techniques more often and making good choices about when, where and what shot to use.
4. I can show a quick change of direction with proper technique.
5. I have started to learn how to create space and build offensive advantages.
6. I have started to learn advanced individual defensive tactics.
7. I have started to learn advanced offensive and defensive team tactics.
8. When it's my turn to play goalie, I use goalie equipment.

## LIFE SKILLS

1. I can talk about my learning from other sports that I play with my parents, coaches and teammates.
2. I know the time and location of my training or games and arrive prepared to participate.
3. I can take on small leadership roles when asked.
4. I am developing coping skills for setbacks and disappointments.
5. I am able to describe how my actions have impact on myself and others.
6. I am better at communicating and expressing myself to my coaches and teammates.
7. I am most often choosing healthy snacks before and after training and games.
8. I can talk about “fair play” and bullying.
9. I am getting better at putting my equipment on by myself.

## ETHICAL LITERACY

<b>KEEP IT FUN:</b>	We always have fun when we have inter-squad or inter-club games or drills.
<b>GO FOR IT:</b>	Even when I lose, I am happy with the effort I put in the game.
<b>PLAY FAIR:</b>	On my team, everyone gets to participate. Opportunities to compete are earned through effort and commitment, not just ability.
<b>RESPECT OTHERS:</b>	My teammates and I take part in fun team-building exercises.
<b>STAY HEALTHY:</b>	I’m learning to fuel my body with healthy foods I can choose myself.
<b>INCLUDE EVERYONE:</b>	Being friendly, respectful and kind with teammates, parents, coaches, officials, and opponents is important.
<b>GIVE BACK:</b>	My coach asks each player on the team to think about our preferred True Sport Principle and share our choice and rationale with our teammates.